CLAIMS

1. A structural support beam for use in building and construction comprising a support frame defining at least one volume, said support frame being of a first material and said at least one volume being in-filled with a second material.

2. A structural support beam as claimed in claim 1, wherein the support frame comprises two spaced apart flanges connected by at least two outer support webs.

3. A structural support beam as claimed in claim 2, wherein each outer support web connects lateral portions of the flanges.

4. A structural support beam as claimed in claim 2 or 3, wherein one or more additional outer support web(s) is/are positioned over one or both of the existing outer support webs.

5. A structural support beam as claimed in any of claims 2 to 4, wherein one or more inner support webs connect the flanges in an intermediate position between the outer support webs.

6. A structural support beam as claimed in any of claims 2 to 5, wherein one or more formations are provided in each flange to accommodate the outer support webs.

7. A structural support beam as claimed in claim 5, wherein one or more formations are provided in each flange to accommodate the inner support web or webs.

8. A structural support beam as claimed in claim 6 or 7, wherein the formations are one or more of grooves, recesses and cut-out portions.

9. A structural support beam as claimed in any of claims 2 to 5, wherein the flanges are rectangular in shape.

10. A structural support beam as claimed in claim 9, wherein each flange is fully interposed between the outer support webs.

11. A structural support beam as claimed in any of claims 2 to 8, wherein each flange is provided with a reduced width portion to define a T-shaped flange.

12. A structural support beam as claimed in claim 11, wherein each reduced width portion is fully interposed between the outer support webs.

13. A structural support beam as claimed in claim 11, wherein the lateral edges of the other portions are adapted to be flush with the outer surfaces of the outer support webs.

14. A structural support beam as claimed in claim 11, wherein the lateral edges of the other portions

are adapted to extend beyond the outer surfaces of the outer support webs.

15. A structural support beam as claimed in any of claims 2 to 14, wherein a further end-flange is connected to the outer end of each existing flange.

16. A structural support beam as claimed in claim 15, wherein the lateral edges of each end-flange are adapted to be flush with the outer surfaces of the outer support webs.

17. A structural support beam as claimed in claim 15, wherein the lateral edges of each end-flange are adapted to extend beyond the outermost surfaces of the outer support webs.

18. A structural support beam as claimed in any of claims 2 to 14, wherein metal end plates are connected to the outer end of each flange.

19. A structural support beam as claimed in any of claims 15 to 17, wherein metal end plates are connected to the outer end of each end-flange.

20. A structural support beam as claimed in any preceding claim, wherein the second material is less dense than the first material.

21. A structural support beam as claimed in any preceding claim, wherein the second material is a plastics foam material.

22. A structural support beam as claimed in any preceding claim, wherein the second material is adapted to give the support beam improved thermal and/or sound insulating properties.

23. A structural support beam as claimed in any preceding claim, wherein the second material is adapted to give the support beam improved structural properties.

24. A structural support beam as claimed in any preceding claim, wherein the support frame is made from timber materials.

25. A structural support beam for use in building and construction comprising a timber based support frame formed from two spaced apart rectangular flanges connected by at least two outer support webs wherein the timber based support frame defines at least one volume in-filled with a plastics foam material; and wherein the plastics foam material is bonded to the flanges and webs.

26. A structural support beam as claimed in claim 25, wherein the outer support webs extend over the full depth of the flanges.

27. A structural support beam as claimed in claim 25 or 26, wherein the flanges are formed from solid or laminated timber material and the webs are formed from timber sheet material.

28. A method of manufacturing the structural support beam of claim 1, said method comprising the steps of:

(i) connecting two spaced apart flanges by means of at least two outer support webs to form a support frame defining at least one volume; and

(ii) filling said at least one volume with an in-fill of material.

29. The method of claim 25, further comprising the additional step of bonding said in-fill of material to the support frame.

30. The method of claim 25, further comprising the additional step of gluing and/or mechanically fixing the outer support webs to the flanges.